

Triggers & Responses

Imagine you are a robot with 3 programmable buttons. What are the buttons that trigger your most negative responses? How would you like to reprogram your responses to be more positive?

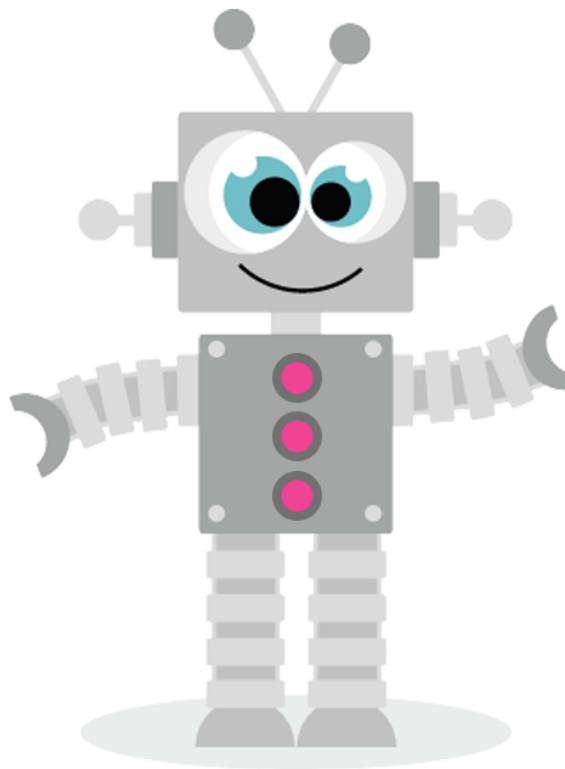
Button 1 _____
Button 2 _____
Button 3 _____

I usually respond
like this:

1

2

3



In future I will
respond like this:

1

2

3